

# RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409	<b>SENIOR CENTER HOURS:</b> Mon: 7:30 a.m. – 5:00 p.m. Tues – Fri: 8:30 a.m. – 5:00 p.m.	<b>Volunteers Needed To Teach Ballroom Dancing, Shag Dancing, &amp; Calligraphy – Please call Barbara Hill if qualified or you know someone who is</b>		9:00 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis <b>WEAR RED, WHITE, AND BLUE TODAY</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED IN OBSERVATION OF INDEPENDENCE DAY</b>	8:45 RED HOT CHILI STEPPERS WALKING CLUB 9-11 Silver Threads & Needles <del>10:00 Yoga CANCELLED</del> 10:30 RED, WHITE, & BLUE BINGO 1:00 Table Tennis 1:00 “CHRISTMAS IN JULY” BINGO	<b>CLOSED FOR BUILDING REPAIR</b>	<b>CLOSED FOR BUILDING REPAIR</b>	<b>CLOSED FOR BUILDING REPAIR</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00 Aerobics 9:00 SilverStriders <b>9-11 BLOOD PRESSURE CHECK</b> 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles <b>11:15 CHAIR EXERCISE</b> <b>6:00 ZUMBA</b>	8:45 RED HOT CHILI STEPPERS WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga <b>10:30 ICE CREAM TASTE TEST</b> 1:00 Table Tennis <b>1:00 BOWLING W/GRANDKIDS AT AUTUMN LANES</b>	8:30 Wednesday Walk 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing <b>10:15 “WHAT DO I NEED TO START GETTING RID OF” (Jane Armstrong)</b> <b>11:15 PREVIEW OF UPCOMING CLASS ON “LIVING HEALTHY W/CHRONIC ILLNESS (Jane Armstrong)</b> 12:30 Oil Art Group	9-11 Silver Threads & Needles <b>10:15 B-FIT PROGRAM PRESENTED BY BROOKDALE SENIOR LIVING</b> 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole <b>1:00-2:30 BOARD GAMES &amp; REFRESHMENTS WITH THE GRANDKIDS</b>	9:00 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing <b>10:45 TRIP TO STRAWBERRY HILL – LUNCH, PRODUCE SHOPPING, &amp; ICE CREAM</b> 1:00 Table Tennis
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles <b>10:30 “BATTER, SPLATTERS, &amp; PLATTERS” – RECIPE CLUB</b> <b>6:00 ZUMBA</b>	8:45 RED HOT CHILI STEPPERS WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga <b>10:30 “STRANGE LAWS IN EVERY STATE”</b> 1:00 Table Tennis <b>1:00 TRIP TO HAMRICK’S &amp; ICECREAM</b>	8:30 Wednesday Walk <b>8:45-11:15 LIVING HEALTH w/CHRONIC ILLNESS (week 1)</b> 9:00 Aerobics 9-11 Silver Threads & Needles <b>9:30 TEA PARTY</b> 10:00 Line Dancing <b>10:45 TRIP TO SHELBY: FOR PIZZA, SHOPPING &amp; ICE CREAM</b> 12:30 Oil Art Group	9-11 Silver Threads & Needles <b>10:30 LEMONADE &amp; LAUGHS</b> <b>11:15 CHAIR EXERCISE</b> 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole <b>1:00 BOWLING W/GRANDKIDS AT AUTUMN LANES</b>	9:00 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles <b>11:15 CHAIR EXERCISE</b> <b>6:00 ZUMBA</b>	8:45 RED HOT CHILI STEPPERS WALKING CLUB <b>9:30 TRIP TO FARMER’S MARKET IN FOREST CITY</b> 9-11 Silver Threads & Needles 10:00 Yoga <b>10:15 CRAFTING W/CRYSTAL – MAKING A WOOD WIND CHIME</b> 1:00 Table Tennis <b>1:00 ICE CREAM SHOP</b>	8:30 Wednesday Walk <b>8:45-11:15 LIVING HEALTH w/CHRONIC ILLNESS (week 2)</b> 9:00 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing <b>10:30 MEDICARE FRAUD &amp; SCAMS - WITH DIANE TRAINOR</b> 12:30 Oil Art Group	9-11 Silver Threads & Needles <b>10:30 TRIVIA FUN - WITH MARIA DAVIS</b> <b>11:00 TRIP TO FLAT ROCK PLAYHOUSE TO SEE “DOLLY PARTON’S 9 TO 5”</b> 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2 Computer Assistance/J.Cole	9:00 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles <b>9:30 TRIP TO FARMER’S MARKET IN FOREST CITY</b> 10:00 Fellowship & Singing <b>11:30 BIRTHDAY RECOGNITION</b> 1:00 Table Tennis <b>1:00-2:00 COLORING WITH THE GRANDKIDS</b>

**DAILY DROP-IN EVENTS:** Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles

**ALSO AVAILABLE:** Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Public Transit Stop (10:44 a.m. & 12:51 p.m.)